









# ***"Just snap out of it"***

**Snapping out of depression is as likely as talking yourself out of a heart attack. Depression is a serious illness that needs medical attention. Left untreated, depression can lead to suicide.**

**Fortunately, depression can be treated and lives saved when symptoms are recognized.**

## **Some Symptoms Include:**

-  ***Little Interest or Pleasure in Activities***
-  ***Hard to Think or Concentrate***
-  ***Feeling Worthless***
-  ***Trouble Making Decisions***
-  ***Feeling Restless or Nervous***
-  ***Changes in Eating and/or Sleeping Patterns***
-  ***Fatigue or No Energy***
-  ***Thoughts of Death or Suicide***

**If you or someone you know has these symptoms for more than two weeks, ask your primary care provider for a depression screening.**

**Depression**  
**Treat it** as if your  
life **depended** on it.

